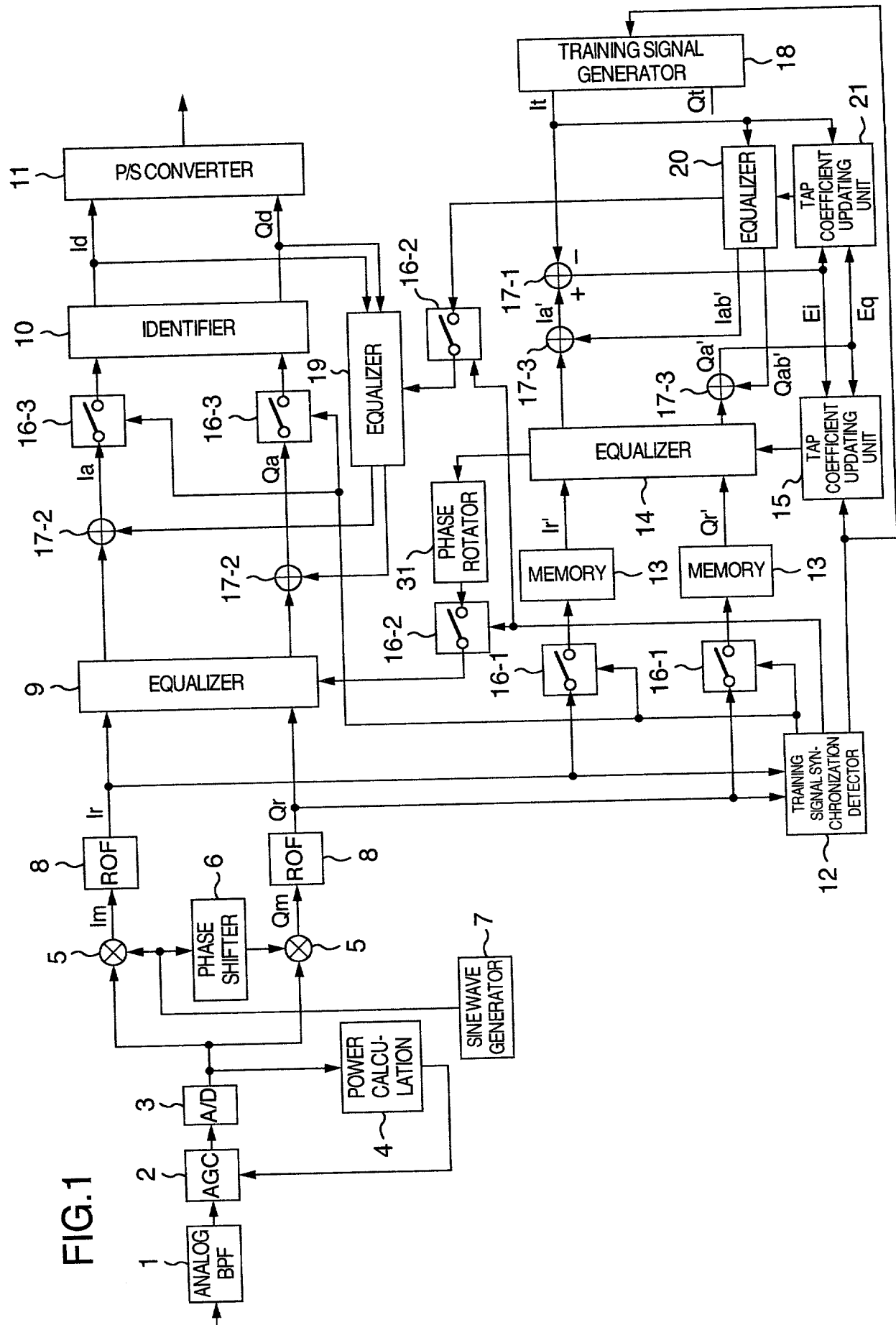
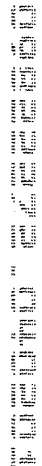


FIG. 1



Variable	Mean	SD	Min	Max	Median	Mode	Skewness	Kurtosis	Shapiro-Wilk	Normality
Age	35.2	12.5	22	65	32	30	0.15	2.1	0.98	Normal
Gender	1.2	0.4	1	2	1	1	0.05	0.2	0.99	Normal
Education	12.5	2.1	9	16	12	12	0.10	1.8	0.97	Normal
Income	1500	500	500	3000	1200	1000	0.20	2.5	0.95	Normal
Marital Status	1.5	0.5	1	2	1	1	0.05	0.2	0.99	Normal
Occupation	2.5	1.2	1	4	2	2	0.10	1.8	0.97	Normal
Health Status	1.8	0.8	1	3	1	1	0.05	0.2	0.99	Normal
Stress Level	3.2	1.5	1	5	3	3	0.15	2.1	0.98	Normal
Life Satisfaction	4.5	1.0	3	5	4	4	0.05	0.2	0.99	Normal
Work-Life Balance	3.8	1.2	2	5	3	3	0.10	1.8	0.97	Normal
Family Support	4.2	0.9	3	5	4	4	0.05	0.2	0.99	Normal
Community Involvement	2.8	1.1	1	4	2	2	0.10	1.8	0.97	Normal
Personal Growth	3.5	1.3	2	5	3	3	0.15	2.1	0.98	Normal
Financial Stability	3.0	1.0	2	4	3	3	0.05	0.2	0.99	Normal
Emotional Well-being	3.7	1.1	2	5	3	3	0.10	1.8	0.97	Normal
Social Connections	4.0	0.8	3	5	4	4	0.05	0.2	0.99	Normal
Physical Health	3.3	1.0	2	4	3	3	0.10	1.8	0.97	Normal
Mental Health	3.6	1.1	2	4	3	3	0.15	2.1	0.98	Normal
Overall Quality of Life	3.9	1.2	2	5	3	3	0.10	1.8	0.97	Normal



Variable	Mean	SD	Min	Max	Skewness	Kurtosis	Normality
Age	35.5	10.5	20	65	0.1	3.0	0.95
Gender	0.5	0.5	0	1	0.0	3.0	0.95
Marital Status	0.5	0.5	0	1	0.0	3.0	0.95
Education	12.5	1.5	9	16	0.1	3.0	0.95
Income	1500	500	500	3000	0.1	3.0	0.95
Occupation	1.5	1.5	1	5	0.0	3.0	0.95
Health Status	0.5	0.5	0	1	0.0	3.0	0.95
Stress Level	3.5	1.5	1	5	0.1	3.0	0.95
Life Satisfaction	4.5	1.5	1	7	0.1	3.0	0.95
Resilience	5.5	1.5	1	7	0.1	3.0	0.95
Optimism	6.5	1.5	1	7	0.1	3.0	0.95
Emotional Stability	5.5	1.5	1	7	0.1	3.0	0.95
Self-Esteem	6.5	1.5	1	7	0.1	3.0	0.95
Life Satisfaction	4.5	1.5	1	7	0.1	3.0	0.95
Resilience	5.5	1.5	1	7	0.1	3.0	0.95
Optimism	6.5	1.5	1	7	0.1	3.0	0.95
Emotional Stability	5.5	1.5	1	7	0.1	3.0	0.95
Self-Esteem	6.5	1.5	1	7	0.1	3.0	0.95

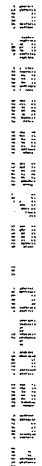


FIG.4

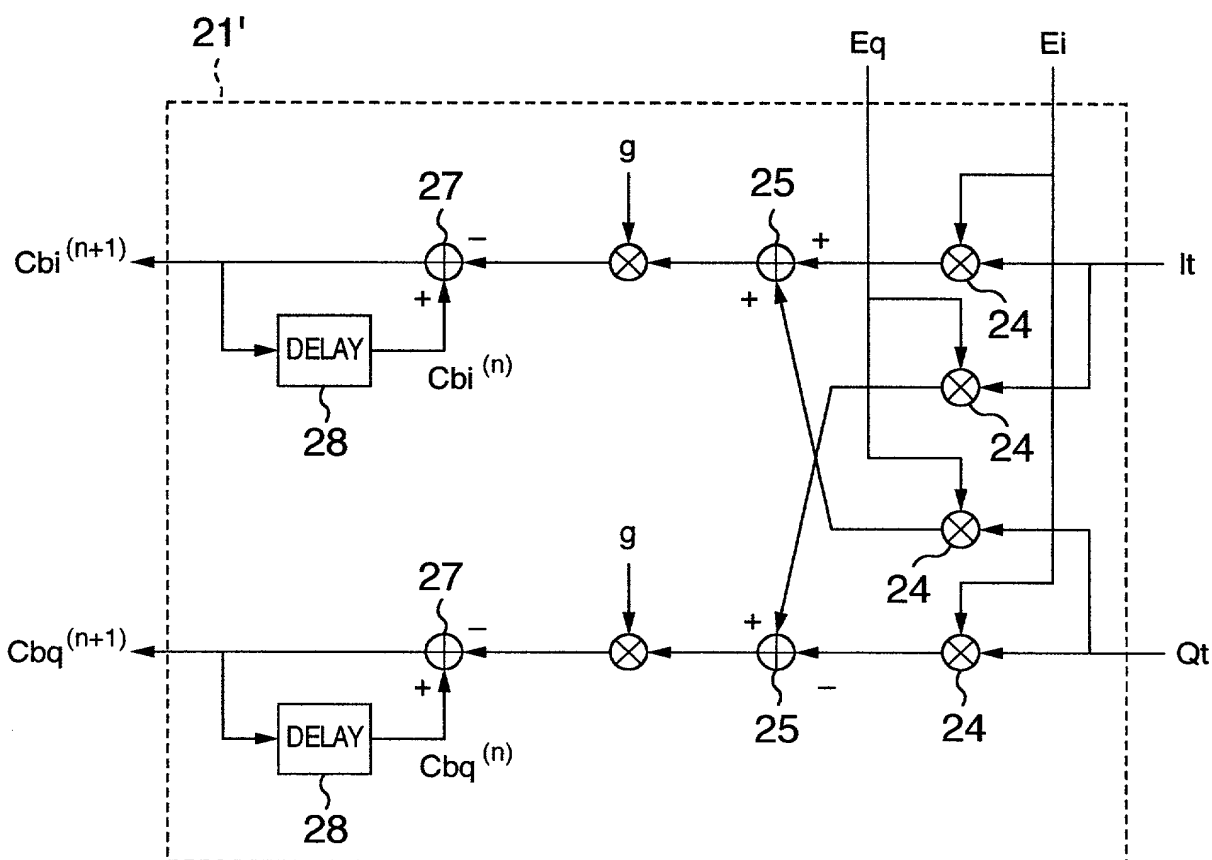


FIG.5

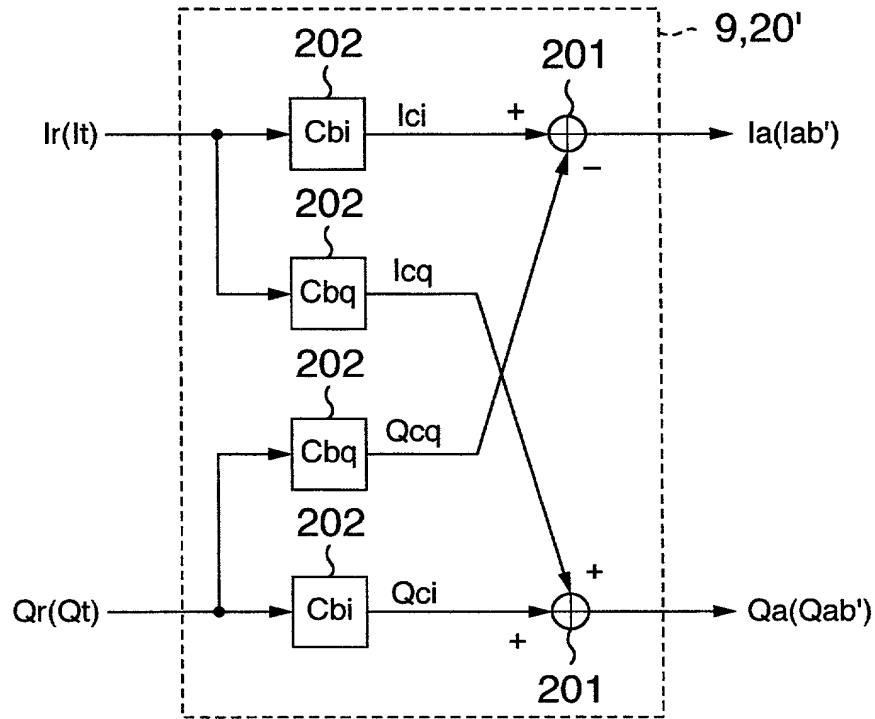


FIG.6

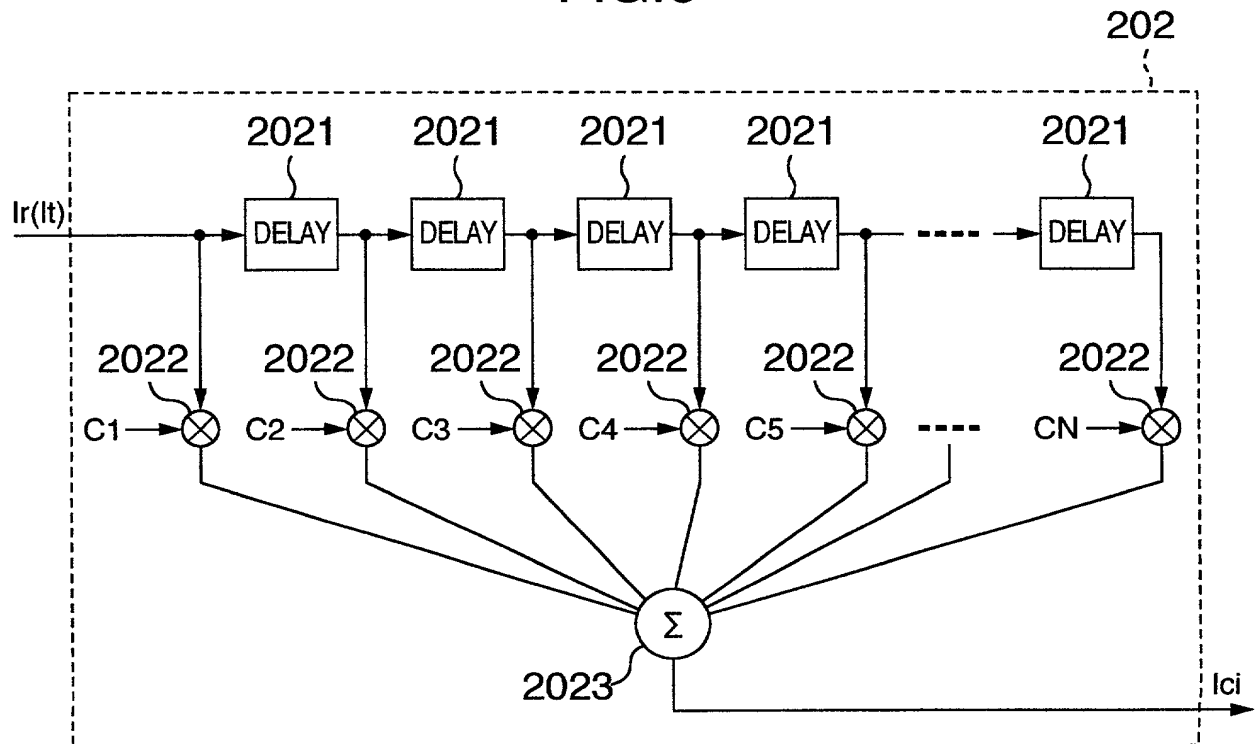


FIG.7

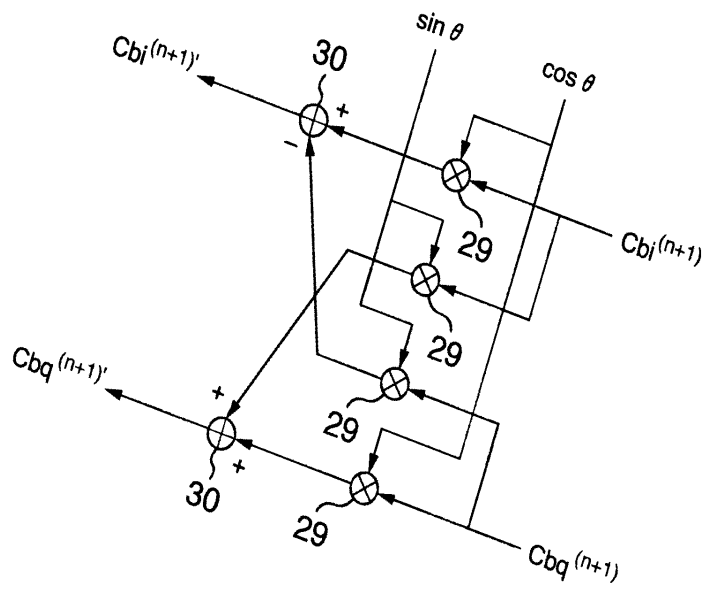


FIG.8

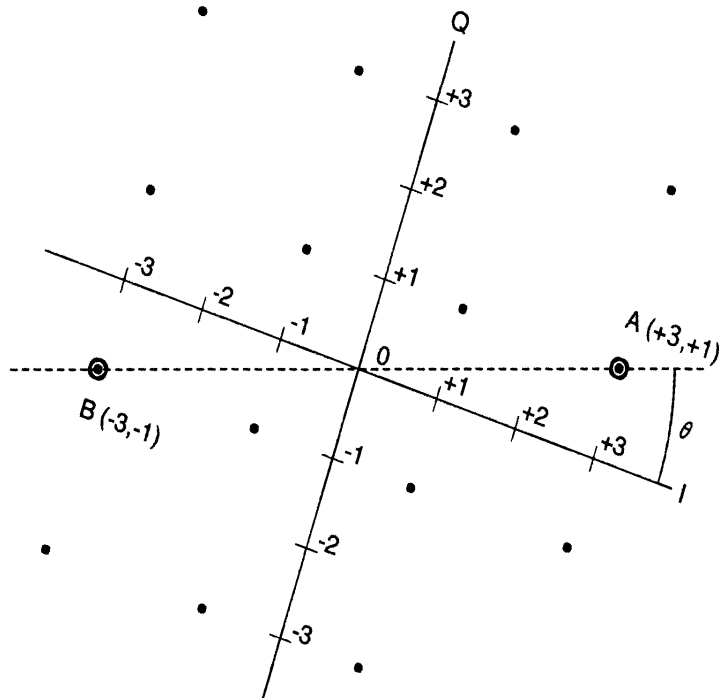
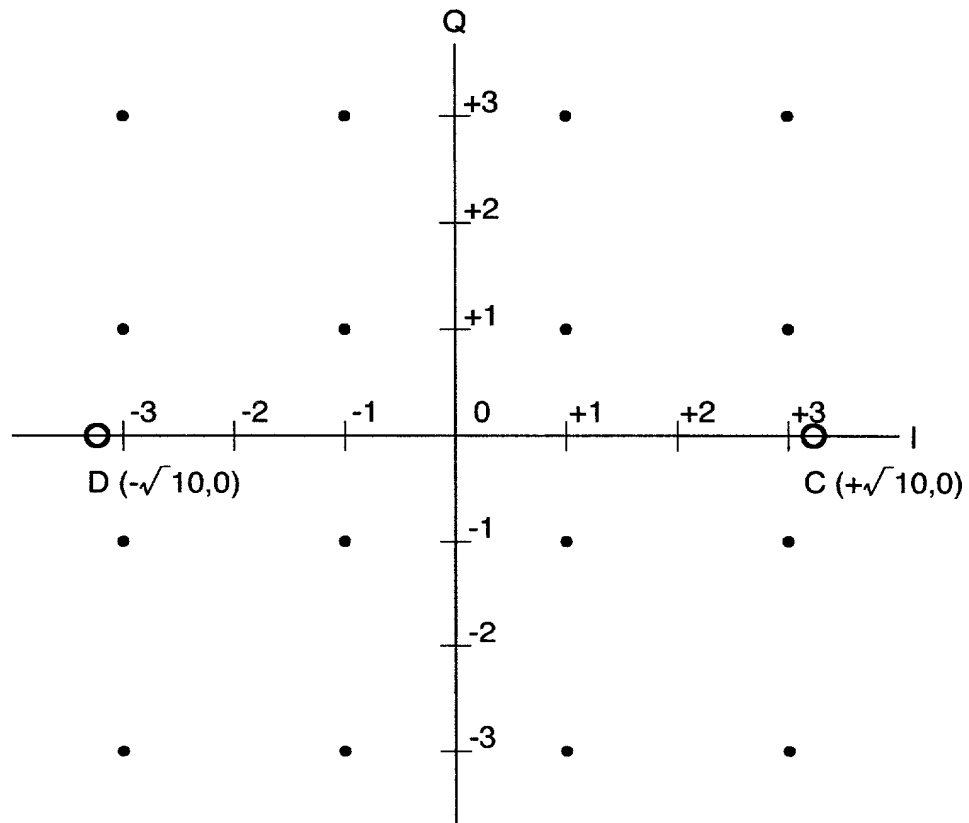


FIG.9



○ SIGNAL POINT OF TRAINING SIGNAL

FIG.10

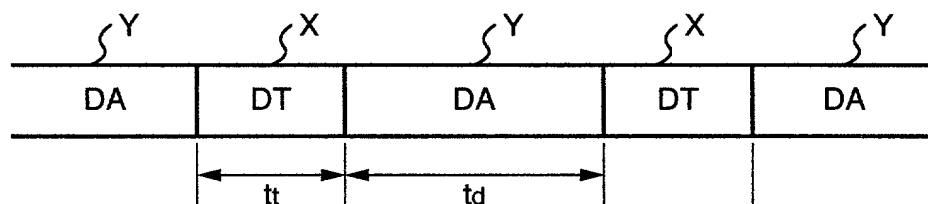


FIG.11  
PRIOR ART

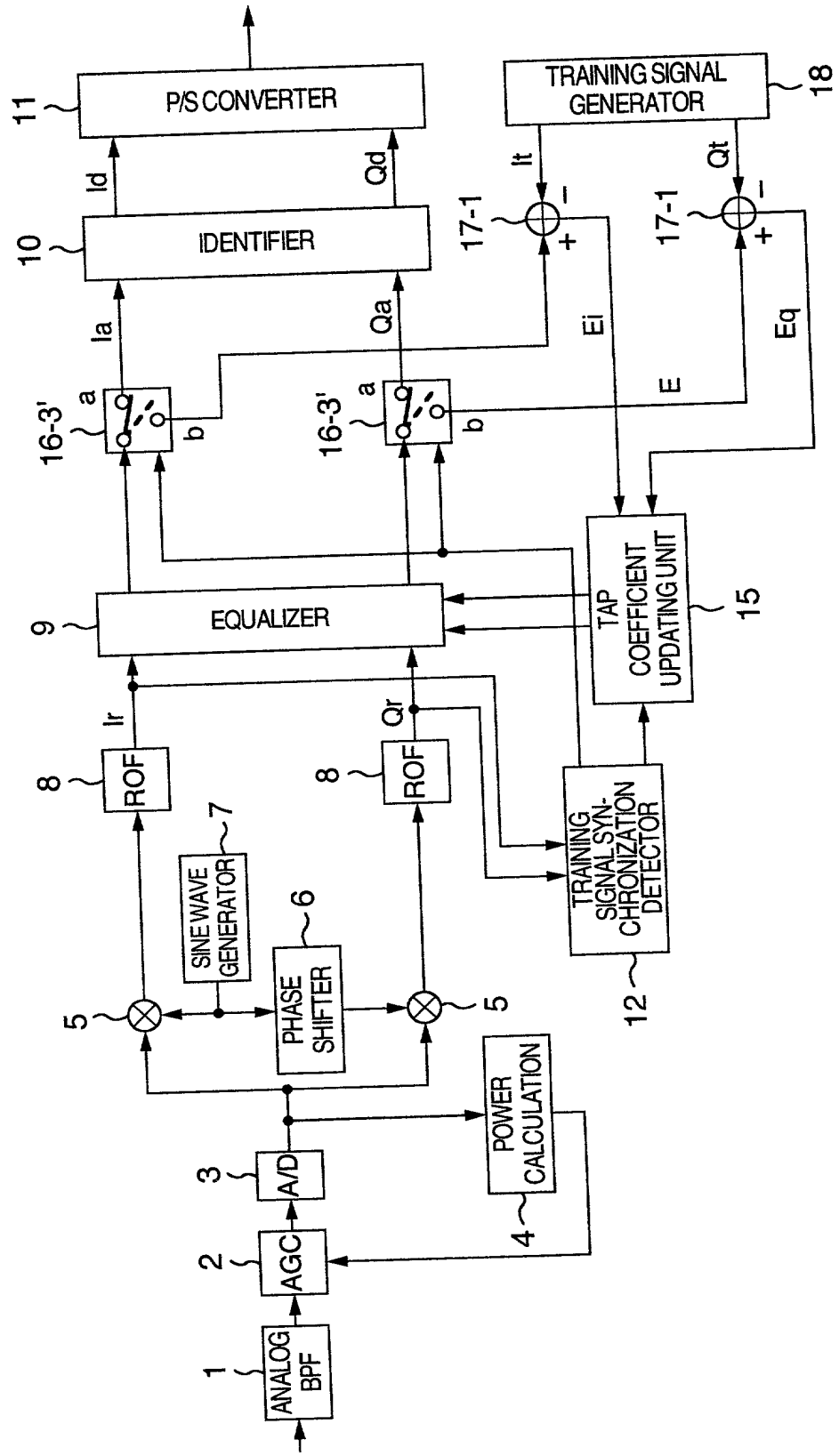


FIG.12

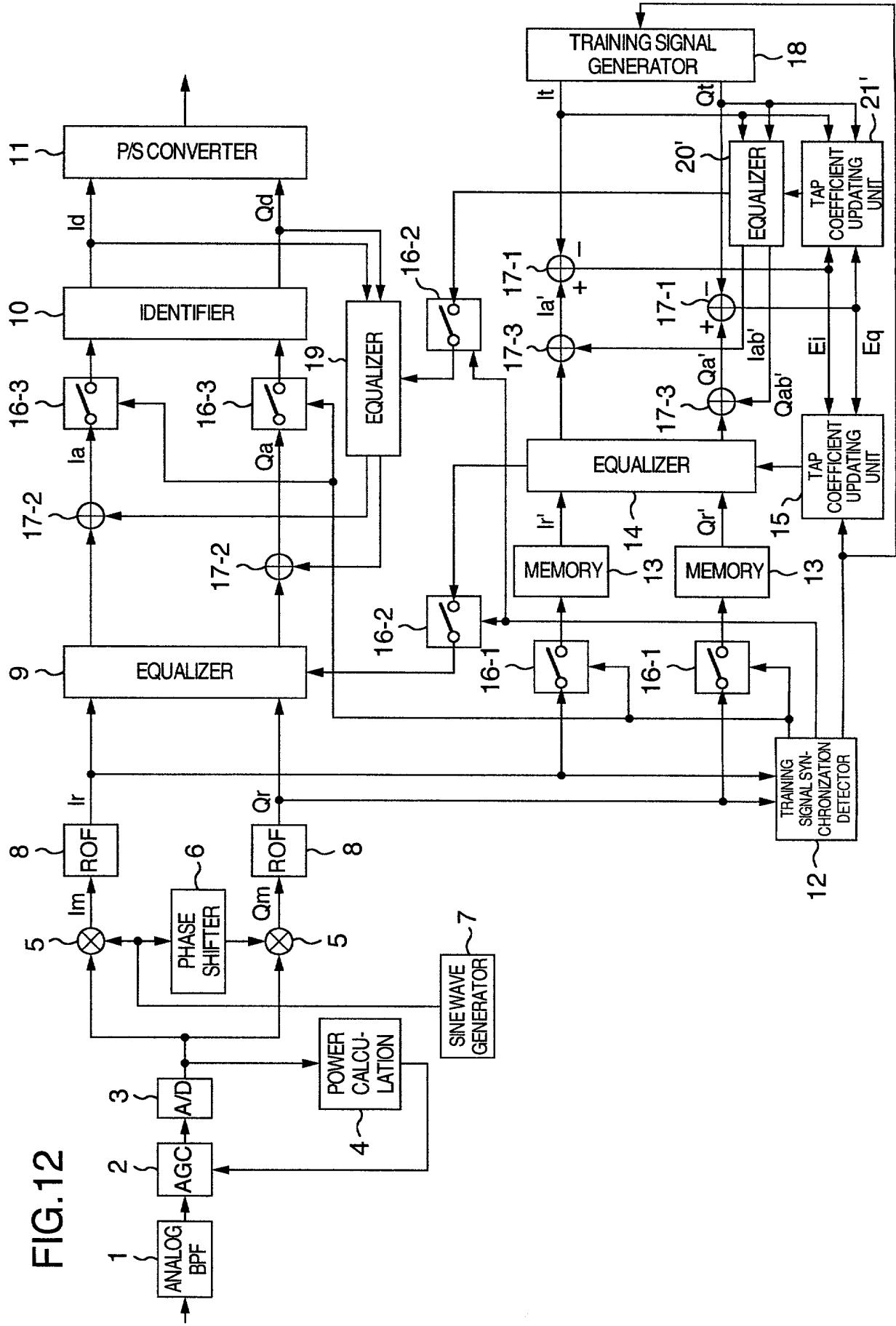




FIG.13

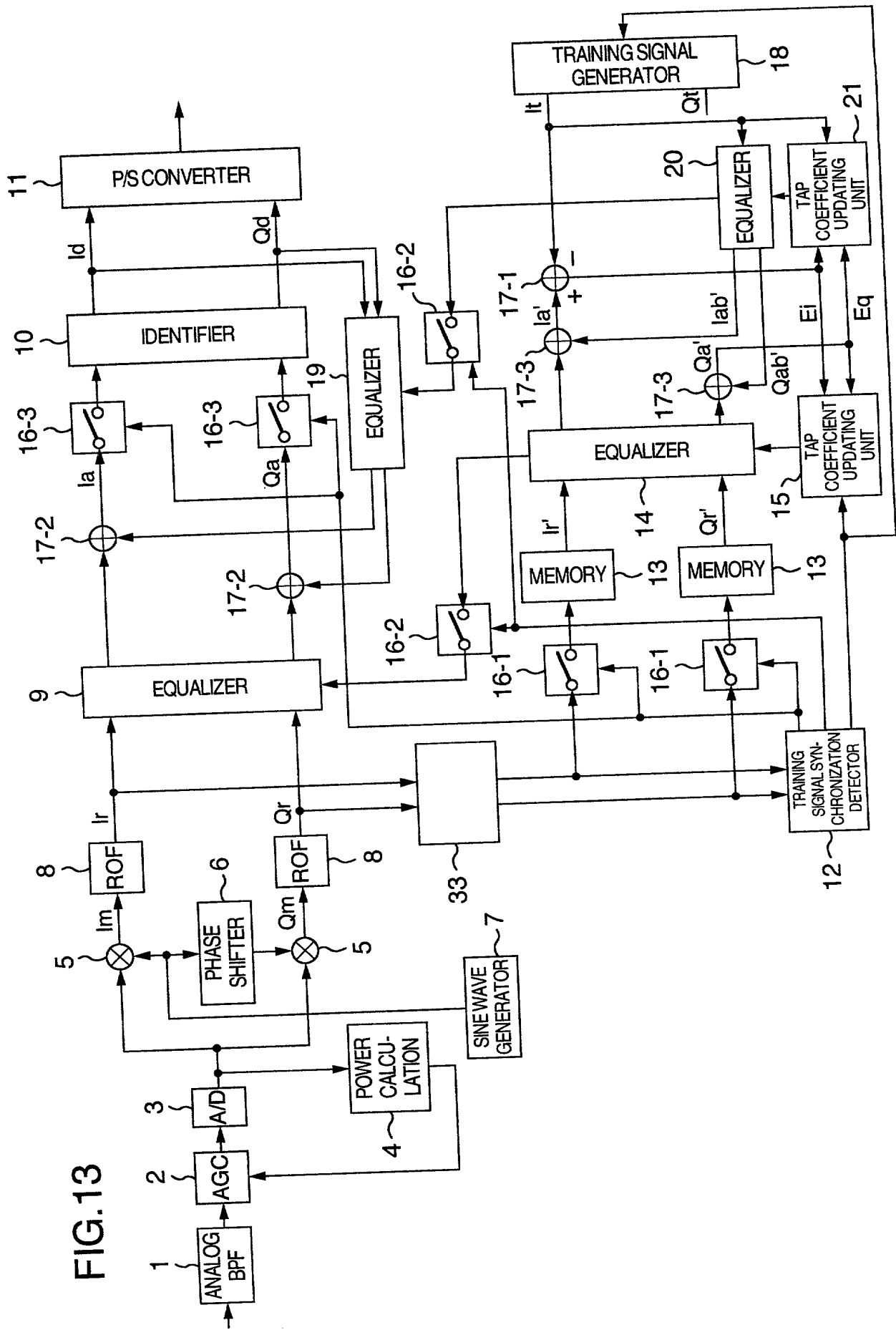
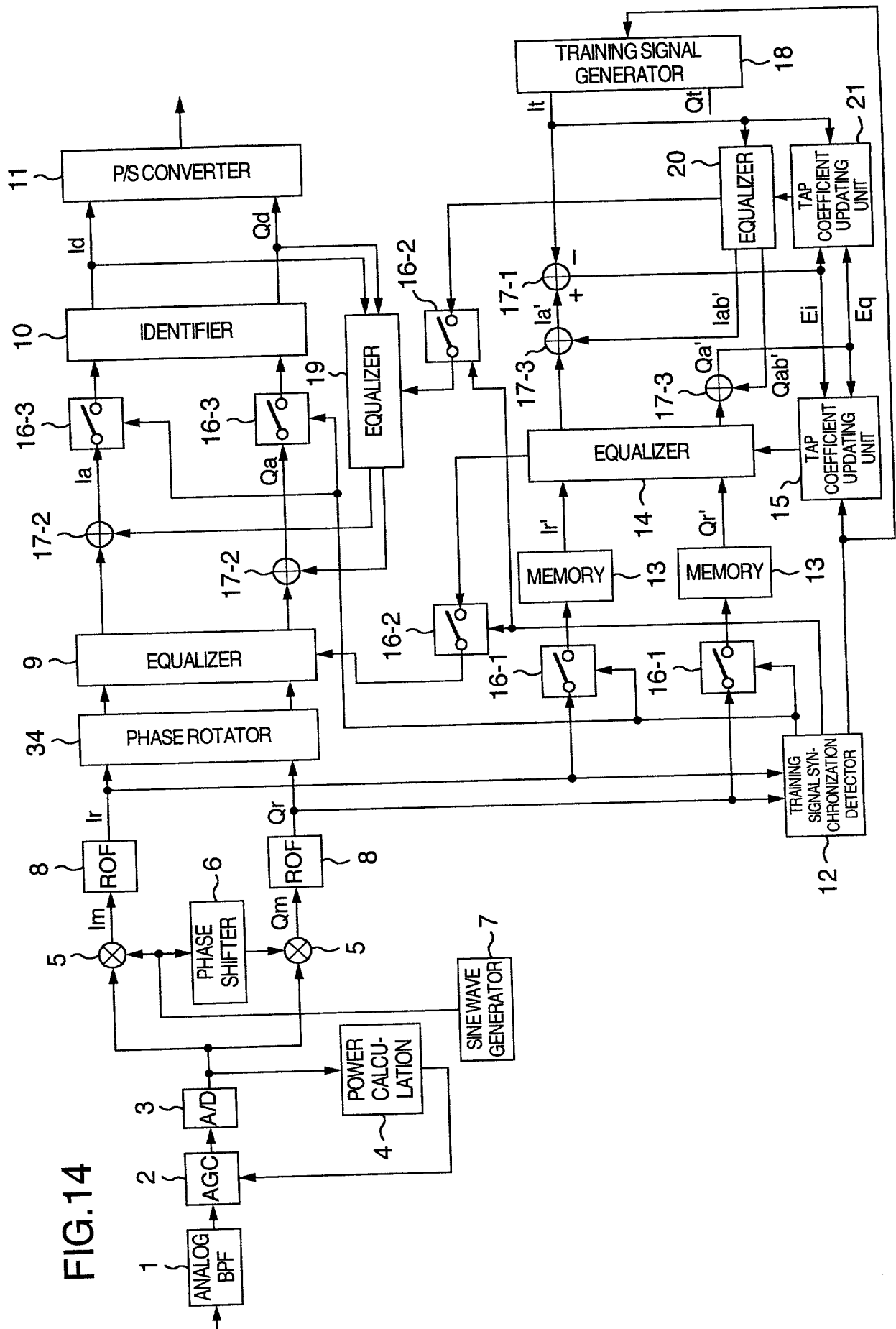


FIG.14



Variable	Mean	Standard Deviation	Minimum	Maximum
Age	34.5	10.2	21	55
Gender	0.5	0.5	0	1
Marital Status	0.6	0.5	0	1
Education	12.5	1.5	9	16
Income	3500	1500	1000	8000
Health	0.8	0.2	0	1
Smoking	0.3	0.5	0	1
Alcohol	0.2	0.4	0	1
Exercise	0.4	0.5	0	1
Stress	0.6	0.5	0	1
Sleep	0.7	0.3	0	1
Work	0.8	0.2	0	1
Family	0.9	0.1	0	1
Friends	0.7	0.4	0	1
Community	0.6	0.5	0	1
Society	0.5	0.5	0	1
Nature	0.4	0.5	0	1
Art	0.3	0.5	0	1
Music	0.2	0.4	0	1
Reading	0.1	0.3	0	1
Travel	0.05	0.2	0	1
Volunteering	0.02	0.1	0	1
Religion	0.01	0.05	0	1
Politics	0.005	0.02	0	1
Philosophy	0.001	0.01	0	1
Science	0.0005	0.005	0	1
History	0.0001	0.001	0	1
Language	0.00005	0.0005	0	1
Mathematics	0.00001	0.0001	0	1
Art History	0.000005	0.00005	0	1
Music History	0.000001	0.00001	0	1
Reading History	0.0000005	0.000005	0	1
Travel History	0.0000001	0.000001	0	1
Volunteering History	0.00000005	0.0000005	0	1
Religion History	0.00000001	0.0000001	0	1
Politics History	0.000000005	0.00000005	0	1
Philosophy History	0.000000001	0.00000001	0	1
Science History	0.0000000005	0.000000005	0	1
History History	0.0000000001	0.000000001	0	1
Language History	0.00000000005	0.0000000005	0	1
Mathematics History	0.00000000001	0.0000000001	0	1
Art History History	0.000000000005	0.00000000005	0	1
Music History History	0.000000000001	0.00000000001	0	1
Reading History History	0.0000000000005	0.000000000005	0	1
Travel History History	0.0000000000001	0.000000000001	0	1
Volunteering History History	0.00000000000005	0.0000000000005	0	1
Religion History History	0.00000000000001	0.0000000000001	0	1
Politics History History	0.000000000000005	0.00000000000005	0	1
Philosophy History History	0.000000000000001	0.00000000000001	0	1
Science History History	0.0000000000000005	0.000000000000005	0	1
History History History	0.0000000000000001	0.000000000000001	0	1
Language History History	0.00000000000000005	0.0000000000000005	0	1
Mathematics History History	0.00000000000000001	0.0000000000000001	0	1
Art History History History	0.000000000000000005	0.00000000000000005	0	1
Music History History History	0.000000000000000001	0.00000000000000001	0	1
Reading History History History	0.0000000000000000005	0.000000000000000005	0	1
Travel History History History	0.0000000000000000001	0.000000000000000001	0	1
Volunteering History History History	0.00000000000000000005	0.0000000000000000005	0	1
Religion History History History	0.00000000000000000001	0.0000000000000000001	0	1
Politics History History History	0.000000000000000000005	0.00000000000000000005	0	1
Philosophy History History History	0.000000000000000000001	0.00000000000000000001	0	1
Science History History History	0.0000000000000000000005	0.000000000000000000005	0	1
History History History History	0.0000000000000000000001	0.000000000000000000001	0	1
Language History History History	0.00000000000000000000005	0.0000000000000000000005	0	1
Mathematics History History History	0.00000000000000000000001	0.00000		

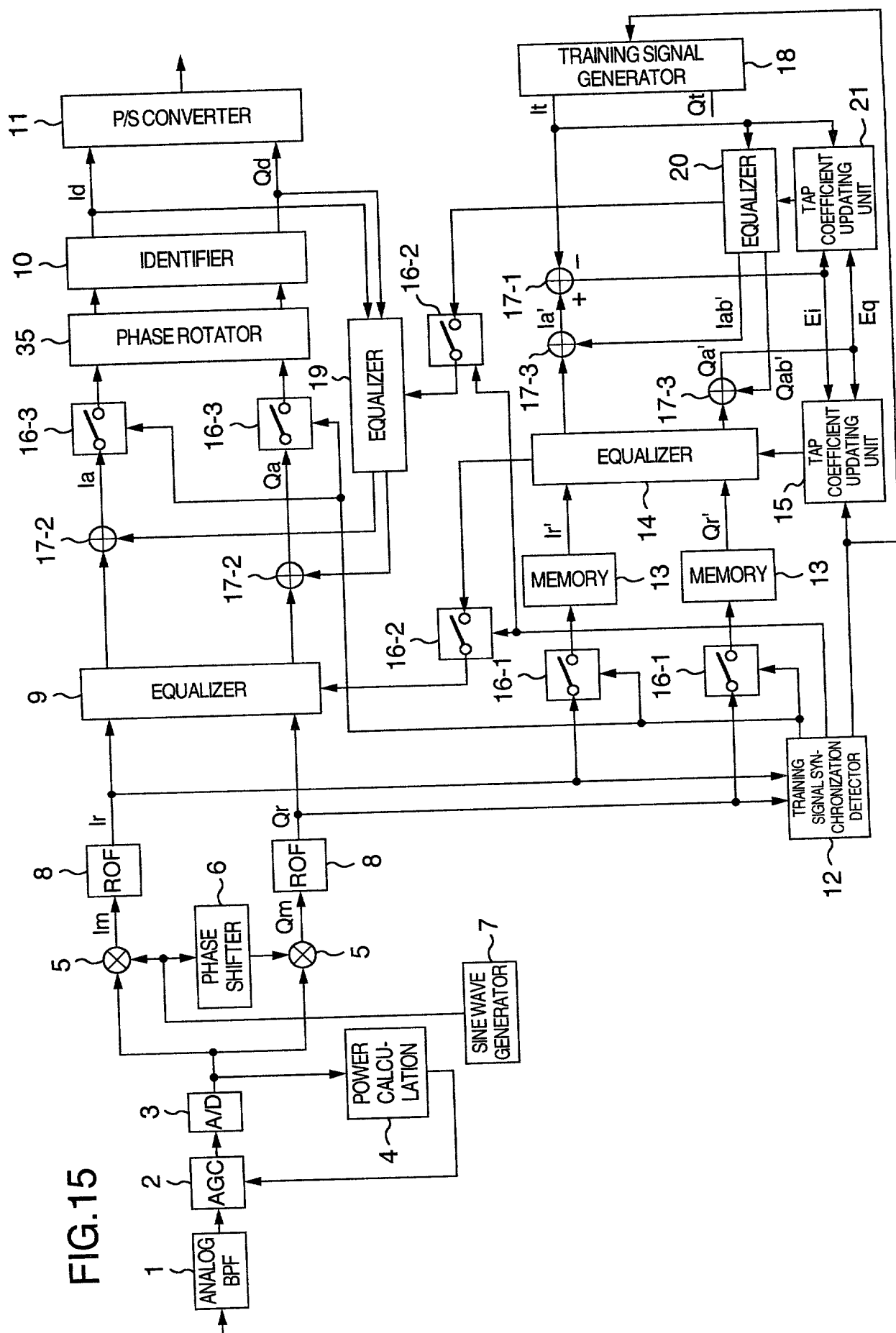


FIG.16

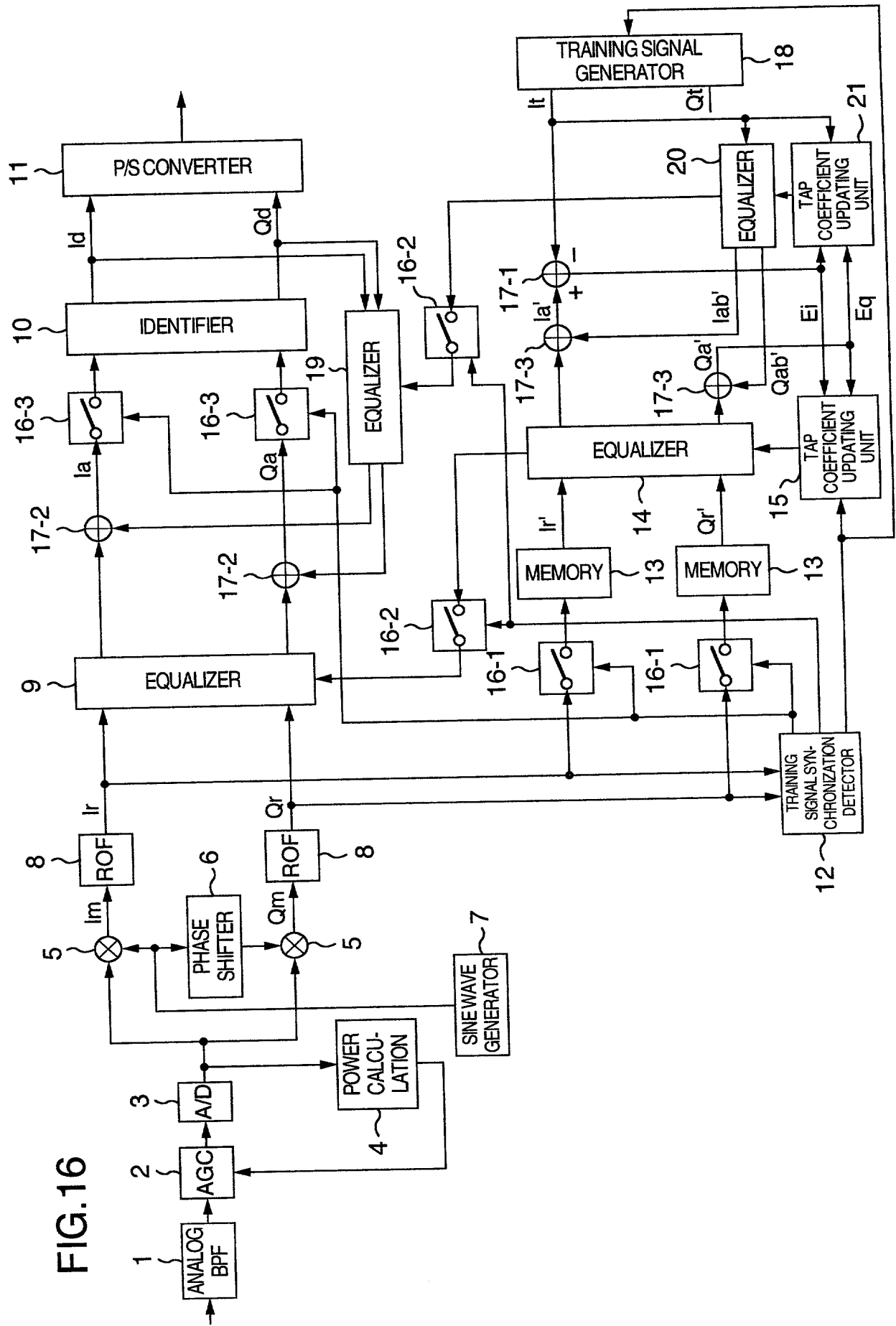
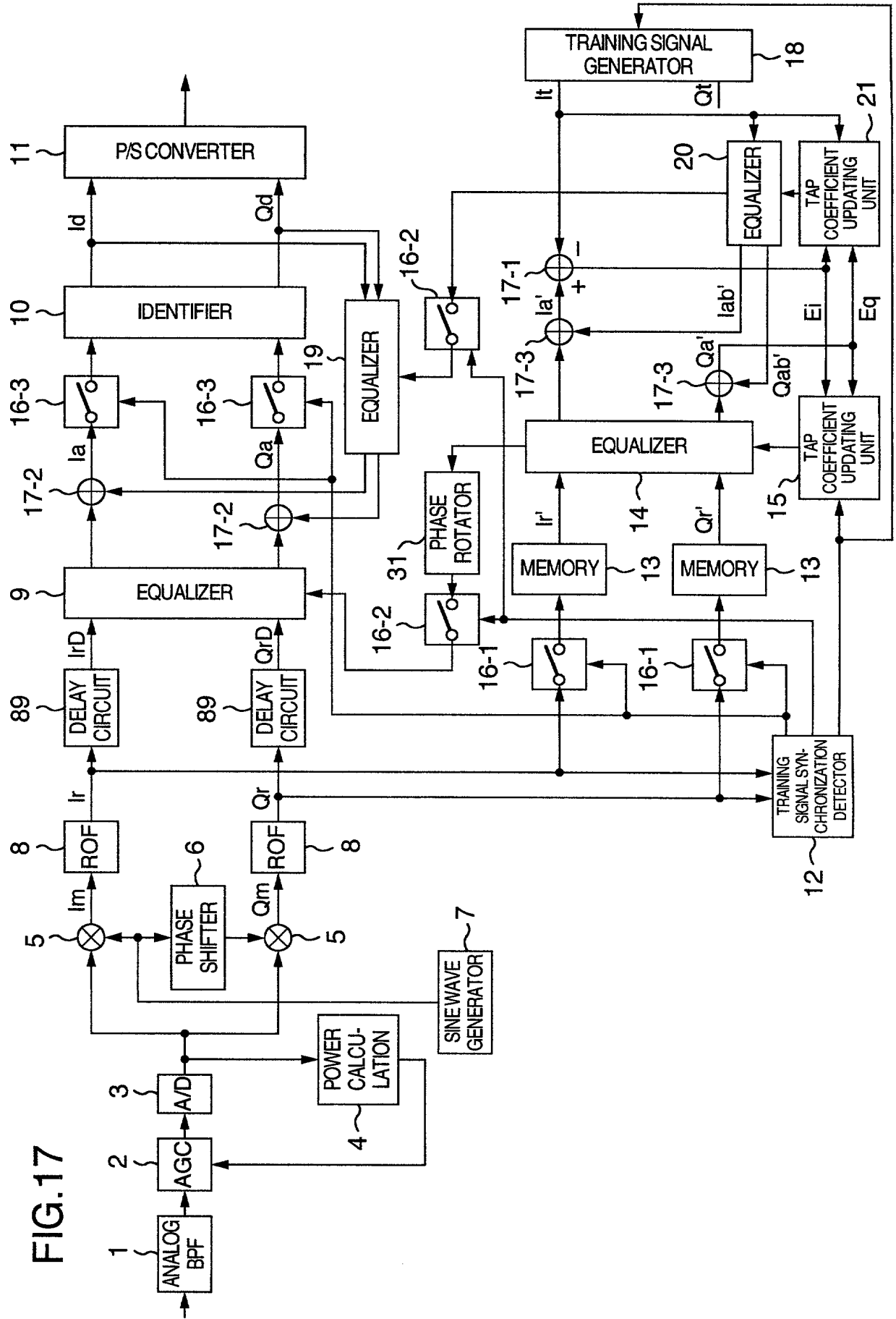


FIG.17



# FIG.18

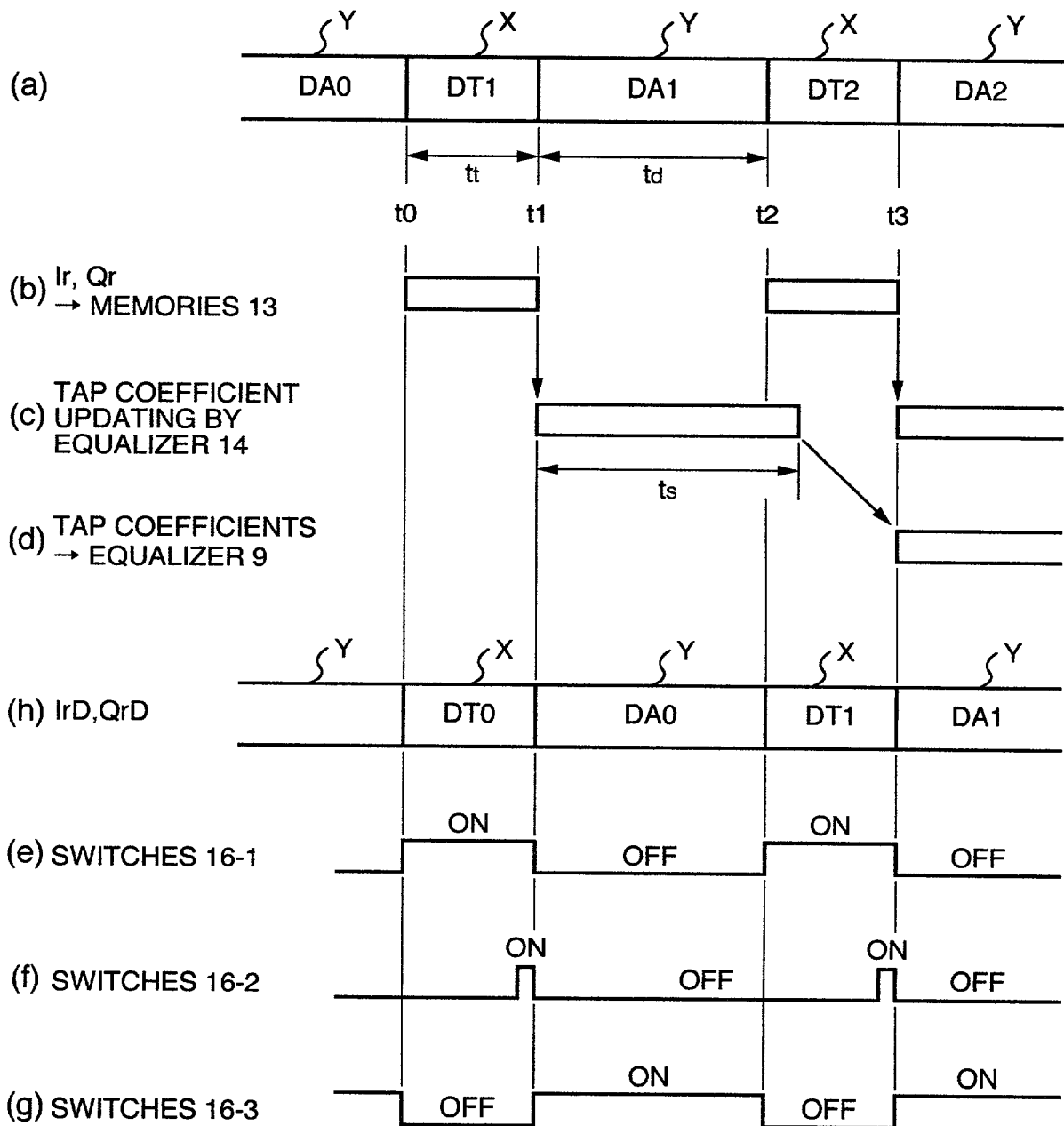


FIG.19

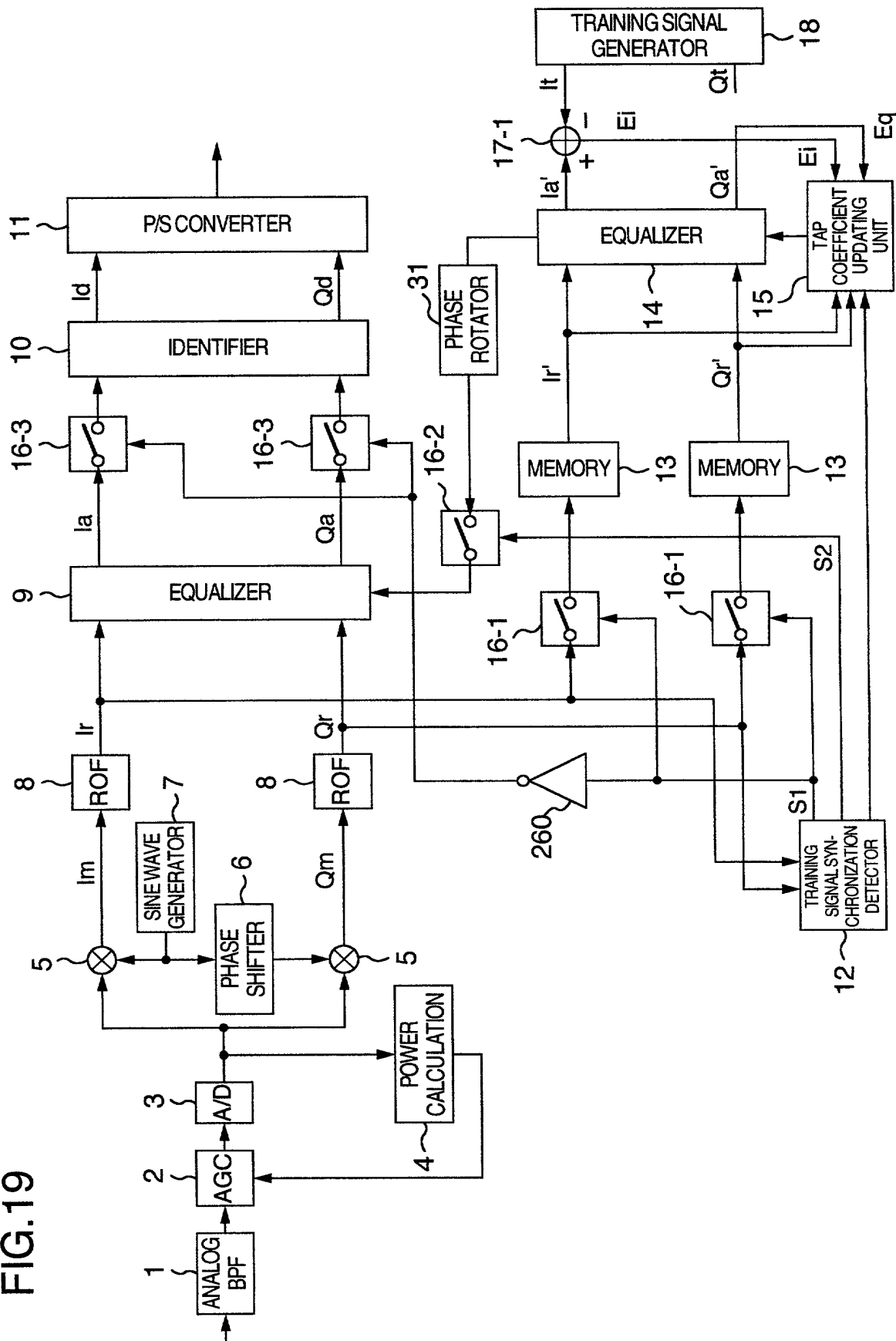


FIG.20

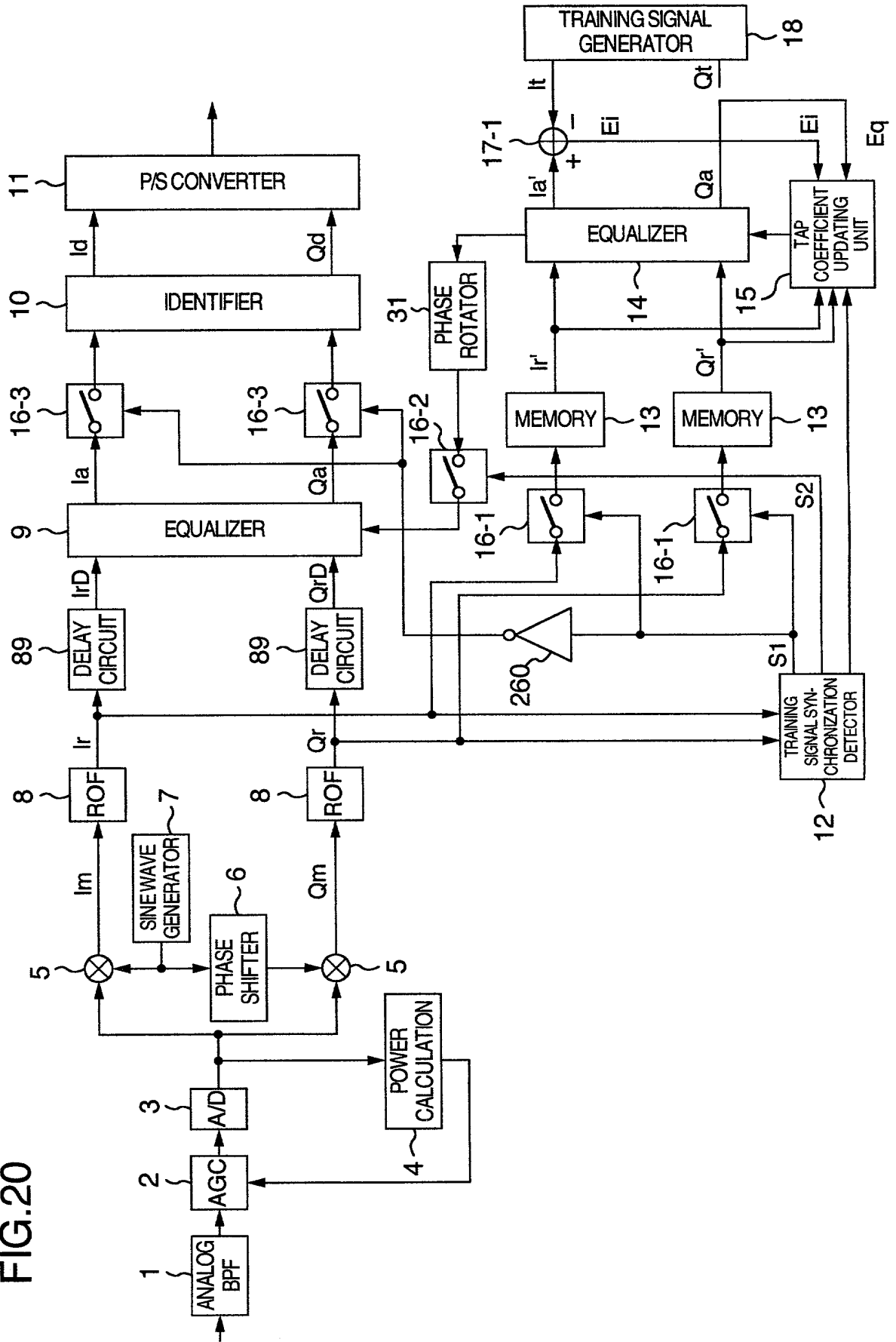




FIG.21

